

MONDAY



Mozzarella, Basil, and
Zucchini Frittata

WEDNESDAY



Chicken and Kale Soup

FRIDAY



Baked Halibut with
Brussel Sprouts and
Quinoa

GROCERIES

1 pound Brussels sprouts
1 pound halibut fillet
15-ounce can no-salt-added great northern beans
12 ounces boneless, skinless chicken breast or tenders
6 cups unsalted chicken broth
3 cups fresh kale
2 cups cooked quinoa
1 ½ cups red onion
1 ½ cups zucchini
1 ½ cups yellow onion
¾ cups pearl-sized or fresh mozzarella balls
¼ cup thinly sliced fresh basil

¼ cup chopped Kalamata olives
7 tablespoons sun-dried tomatoes
5 tablespoons EVOO
5 tablespoons lemon juice
2 tablespoons unsalted butter
2 tablespoons fresh Italian parsley
1 tablespoon minced garlic
2 teaspoons salt
1 ¼ teaspoon ground pepper
7 large eggs
4 cloves of garlic
3 thyme sprigs
2 medium Yukon Gold potatoes
1 fennel bulb

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers